

Don't skip this full-body warmup

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Featured topic

Despite the name, it's not a dance move! The inchworm is a simple exercise with big benefits. It fires up your shoulders, chest, core, glutes, hamstrings, and calves while improving mobility and flexibility.

Here's how to do it the right way so you get the most out of your workout.

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Transcript

Narrator: Most people do this exercise wrong, and they're missing out on one of the best full-body warmups you can do.

This is the inchworm, a simple-looking movement that wakes up almost every muscle in your body. It hits your shoulders, chest, core, glutes, hamstrings, and calves while improving your mobility, flexibility, and body control.

Here's how to do it. Start standing tall with your feet about hip width apart. Fold forward by pushing your hips back and place your hands on the floor. If your hamstrings feel tight,

keep a slight bend in your knees.

Now walk your hands forward, one step at a time until you reach a strong plank position. Brace your core, squeeze your glutes, and keep your body in a straight line. Don't let your hips drop. Hold for a second, then slowly walk your hands back toward your feet. Keep your legs as straight as your mobility allows.

Stand up tall and repeat. Try 5 to 10 slow reps before your workout and feel the difference.

The inchworm is one of those exercises that looks simple, but it builds strength, improves flexibility, and prepares your entire body for movement.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.